

Strengthen Family Ties Seminars



SILA Skills
SKILLS IN LIFE FOR ALL

Welcome to the SILA Skills Strengthen Family Ties Seminar Catalogue. We offer practical and impactful training that helps families cultivate resilience and warm, supportive relationships—one interaction at a time.

At SILA Skills, we deliver impactful skills workshops and seminars — based on the principles of Dialectical Behavior Therapy (DBT) — that build resilience, enhance well-being, and foster loving, constructive connections within families. Our Strengthen Family Ties program translates resilience, self-regulation, and compassionate communication into everyday family life.

Explore our current offerings below.

Contact us for a no-obligation consult, customized program and pricing at info@SILAskills.org



Cheerleading Doesn't Always Work and I Don't Know Why!

Does your child get anxious before a test? Do they get frustrated when you try to encourage them? There's a reason for that. While cheerleading can be helpful at times, it can also trigger negative reactions in some children.

This session will teach you how to respond to your child in a way that makes them feel understood and supported. It will help them manage their anxiety about tests or projects, allowing them to think more clearly and respond more effectively.



Stay Calm and Parent On: Improve Connection at Home

In this session, we'll work together to help you notice communication habits that may not be serving your family well and explore practical ways to make positive changes. We'll look at the common stressors families face and how these can lead to tension, frustration, or worry. By becoming more aware of these patterns, you can begin to create healthier interactions at home. Through simple mindfulness tools and opportunities for self-reflection, you'll learn how clear communication, compassionate curiosity, and letting go of judgment can ease conflict, build understanding, and strengthen your relationships with your children and loved ones.



Thriving Together: Skills for a more Connected Family

In this session, you'll learn practical tools to better understand your family's unique dynamics and strengthen your relationship with your child. By practicing the STOP skill and exploring how to shift unhelpful beliefs, you can build stronger connections, increase trust, and reduce emotional intensity during tough moments. These strategies can help you prevent escalations and create more opportunities to problem-solve and address challenging behaviors in a calmer, more effective way.



When Things Don't Turn Out as Planned

In our relationships, we often face moments when others don't meet our expectations or when situations unfold differently than we had hoped. How do we stay supportive, grounded, and constructive in these moments? What language helps us communicate with clarity and compassion? And how can we strengthen our relationships while learning to accept what we cannot change? This session explores practical DBT skills that help us navigate these challenges with greater effectiveness, empathy, and resilience. It is designed for anyone seeking to improve communication, deepen connection, and respond more skillfully in their personal or professional relationships.

We add new seminars and workshops throughout the year! To ensure you don't miss out, check back often and [subscribe to our newsletter](#) for the latest updates.

For any training requests, inquiries about our contract pricing, or to discuss a specific requirement tailored to your organization, please email us at info@SILASkills.org. We'd be happy to assist you!

"I felt this session was incredibly inspiring. This session focused on connection and how to establish such with individuals who exhibit behaviours that we may feel negatively toward - hitting home and making me tear up several times."